Calgary metro

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Chief welcomes culture scrutiny

CALGARY POLICE SERVICE

Force mulling consultants on inclusion and respect at work

Lucie Edwardson
Metro | Calgary

Calgary police chief Roger Chaffin said he's going to be continually looking at ways to improve workplace culture and human resources — and he's open to bringing in outside consultants to offer a fresh perspective.

On Tuesday, the Calgary Police Service (CPS), Calgary Police Commission (CPC) and City of Calgary held a joint press conference to address the spotlight that has been shined on CPS human-resource practices and workplace culture in various media reports.

These reports stem from a 2013 review that highlighted allegations of bullying, intimidation and sexual harassment.

The chief said that since the review was conducted, they've started many initiatives including the Respect Matters program and the Office of Inclusion.

But Chaffin said he's open to the idea of having autonomous individuals or organizations look at the service's practices and offer ideas on how they can improve.

"I wanted some independent eyes to look at what we're doing," he said. "There's regulatory reasons why we have an HR structure independent from the city — but there's other experts out there we can go to look at issues of gender and diversity."

Chaffin said one idea would be the status of women councils.

Kathleen Palmer, city auditor, said no one has approached her office to conduct an audit of CPS' human-resource practices.

Chaffin said he foresees — and hopes — this is an ongoing conversation for years to come.

"We're talking about a culture of policing that is decades and decades old and we're redirecting the ship — but it's not going to happen overnight," he said.

More coverage, page 6

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Liberal

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Justin Trudeau
Open Letter to Public Servants
September 25, 2015

After 10 years of Harper government cuts, Justin Trudeau said he'd fix public services and repair the relationship with the workers who deliver them.

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Your essential daily news

Finance Minister Bill Morneau's economic statement boosts infrastructure spending. **Canada**

Prism shows gender spectrum

LGBTQ RIGHTS

New toolkit for teachers gives vocabulary to open dialogue

Kevin Maimann
Metro | Edmonton

The Alberta Teachers' Association is hoping to give teachers a better grasp of the terminology and issues affecting sexual and gender minorities, and at least one student says it will work.

The ATA is distributing the 152-page Prism Toolkit for Safe and Caring Discussions as an optional tool for junior high and high school teachers.

"When a teacher goes out of their way to go and do that research, and to do their best to understand their students, that will translate in class because the teacher shows a better awareness. And that in turn will make the student feel safer," said Dylan Chevalier, a Grade 12 student who is a member of the Gay Straight Alliance at Ross Sheppard high school.

"A lot of teachers don't really know a lot of the terms for a lot of queer people, and there's really no place where you can go and get that."

The toolkit explains the meaning of terms like gender fluid, intersex and heterosexism.

It also suggests breaking "linguistic binary."

When a teacher goes out of their way to go and do that research, that will translate in class because the teacher shows a better awareness. Dylan Chevalier

Dylan Chevalier, a Grade 12 student at Ross Sheppard, says the ATA's new Prism Toolkit could make LGBTQ students feel safer in class. METRO FILE

For example, a teacher could refer to a to mixed-gender group as folks, friends, students, class, people or comrades — rather than boys and girls.

The ATA made a similar document for elementary teachers four years ago. The current one was developed in response to "significant demand" from teachers for resources that suited older students, according to spokesperson Jonathan Teghtmeyer.

"There are sexual and gender minority students present in every school and quite possibly every classroom," Teghtmeyer said.

"So teachers realize that these students are there and that they need to feel supported."

The document also cites studies showing LGBTQ students are at higher risk of suicide and many feel unsafe at school.

Teghtmeyer noted that the lesson plans, including First Nations Perspectives on Gender, are "completely optional."

But not everybody welcomes the progressive teachings.

Theresa Ng, a former teacher who runs a blog called Informed Albertans that primarily criticizes LGBTQ-friendly school initiatives, said the document shows "a profound disrespect for the many students and teachers in the province who do see a value in the binary understanding of gender."

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Andrea Silverstone, co-chair of the Calgary Domestic Violence Collective, speaks at a conference in Calgary. ELIZABETH CAMERON/FOR METRO

Domestic violence incidents are up

CRIME

There has been a 36 per cent increase over 5-year average

Elizabeth Cameron
For Metro

By the end of September of this year, Calgary Police had responded to 2,796 domestic violence calls. That's a 36 per cent increase over the five-year average.

"We haven't seen numbers like this since 2004," said Staff Sergeant Rob Davidson with the CPS Domestic Conflict Unit. The CPS released the statistics Tuesday.

"What is important to remember is that these numbers represent families, victims, and children who are impacted by domestic violence."

He acknowledged there is a correlation between the rising number of incidents and Calgary's economic downturn, but emphasized it is not the cause for the increase.

"However, we believe that families already struggling with unhealthy relationships are not equipped to deal with the stress that economic troubles can bring," Davidson said.

The Calgary Domestic Violence Collective (CDVC) and the Government of Alberta hosted a conference in Calgary for police, counsellors, social workers, and other professionals working with families experiencing domestic and sexual violence.

Andrea Silverstone, co-chair of CDVC, said one incident of domestic violence is too many.

"As a community, we need to speak together and stand up against domestic violence. Everyone has a right to be safe and healthy in their relationships."

Silverstone said community involvement, understanding the issues, and speaking out are key to ending the cycle of violence.

"One of the underlying factors is the way we view genders and the way we look at women's roles. I believe we have an obligation to work with children to help them understand things like gender-based violence, consent, and how to have healthy relationships," she said.

There are 64 agencies in the Calgary Domestic Violence Collective that are working together to break the silence, and are using the #breakthesilence hashtag on social media.

"Domestic abuse can affect anyone," said Karen Lee, who wrote a book about her experiences with domestic and family violence.

She calls Calgary's statistics tragic.

"I want women to know that they don't have to put up with this behaviour. They need to tell somebody, and they need to keep telling anyone who will listen. (Victims) need to know it's not their fault."

If you know someone in immediate danger, call 911.

If you have questions about domestic and family violence, please phone the Calgary Women's Emergency Shelter at 403-234-7233.

REAL ESTATE

Home sales numbers show promise

Calgary homes sales in October showed a bounce back from the lows seen last year, according to new numbers released Tuesday.

The Calgary Real Estate Board (CREB) said the citywide sales of 1,644 units "resembled normal levels."

That number reflected a 16 per cent increase over October 2015.

CREB economist Ann-Marie Lurie said the shift may just be temporary and said she'll be watching the numbers closely over the next few months.

She chalks the changes up to recent mortgage rule changes, inventory gains in the lower price ranges and further price adjustments.

"This year has been a challenge for many sellers," said CREB president Cliff Stevenson.

"So when we have a rise in sales, it means more buyers got into the market and more sellers got out, which is a positive for consumers on both sides of the transaction."

There are still signs of trouble.

Year-to-date sales are still lower in all sectors when compared with last year.

The release from CREB noted that despite the rise in October sales, monthly prices continued to decline for most product types in the market.

METRO

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- Charlene and kids, Toronto, 2016

"Our home is absolutely beautiful. Our designer's suggestions for the granite and bathroom tile were perfect. We absolutely love all the tile flooring designs along with the stair risers."

- Brenda and Dennis, Calgary, 2016

"I am so looking forward to furnishing my new home, spending my vacations there and finally retiring at a ripe young age because of this super inspired initiative. The process is extraordinary. Contract, payments, electronic communication and plans, photo website, patient personnel for questions. These assets make HolaEcuador successful as well as satisfying the customer."

- Dennis, Montreal, 2016

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Mayor lays out path to improve police culture

REVIEW

Nenshi, chief address force's practices in joint conference

Lucie Edwardson
Metro | Calgary

Speaking from experience, retired Calgary Police Service detective Marlene Hope said going through the proper channels when raising concerns got her nowhere.

On Tuesday, the Calgary Police Service (CPS), Calgary Police Commission (CPC) and City of Calgary held a joint press conference to address the spotlight that has been shined on CPS human resource practices and workplace culture in various media reports.

> **What we have to do is acknowledge what works, what doesn't work.**
> Naheed Nenshi

These reports stem from a 2013 review that highlighted concerning allegations of bullying, harassment, intimidation and sexual harassment.

Hope said, in her experience, "The processes didn't always allow for the truth to prevail."

On Tuesday, CPS, CPC and the city said they're committed to continually making changes, refining and monitoring how the service's workplace culture can be improved.

Mayor Naheed Nenshi spoke at Tuesday's press conference and said he expects to see action in three areas of the service.

"What we have to do is acknowledge what works, what doesn't work and we have to strive to be better," he said.

Nenshi's first expectation is better reporting and managing of reports.

"We have to have a system that works, that is confidential, that allows people safety in coming forward with reports so they don't feel ostracized in their work environment," he said.

The mayor's second expectation is that systemic issues are dealt with.

He gave the example of women returning from maternity and asked how we can make sure it doesn't stunt their career.

Finally, he said there needs to be a cultural shift.

"Those are the things we expect as a community — we expect the police service to do (those things) and we expect the commission to provide oversight on (them)," he said.

Hope said she fears there is a lot of talk happening and no action.

"It's a David and Goliath thing," she said. "They're flexing their muscles and hoping we go away — and we won't."

Chief Roger Chaffin addressed this, saying he knows things won't change immediately.

Steps included the creation of the Office of Inclusion and their partnership with the University of Calgary on cultural change and gender diversity in the workplace.

Police Chief Roger Chaffin and Mayor Naheed Nenshi addressed workplace concerns at a joint press conference on Tuesday.
LUCIE EDWARDSON/METRO

COMMISSION

Councillor's actions questioned following media comments

In the last week, references have been made about Coun. Diane Colley-Urquhart's involvement in perpetuating media attention on CPS' workplace review.

On Thursday Mayor Naheed Nenshi and Chief Roger Chaffin both made statements about their dismay with Colley-Urquhart's participation in the media reports. Neither person made direct mention of Colley-Urquhart in their comments.

On Monday, the CPC released a statement saying a commissioner was "speaking out of turn," and calling it "inappropriate."

Chief Chaffin said his concern isn't that people speak out against him or the force, but the presenting of inaccurate information. He said it has a negative effect on members.

"That has a negative effect," he said. "Misinformation creates divisiveness and causes people to rise up… but at the same time it supresses voices and that's what I was concerned about."

LUCIE EDWARDSON/METRO

RIVERBEND SHOOTING

Friend of victim reflects

A close friend of a man who was shot and killed in the southeast community of Riverbend on Monday said she wants people to know he is more than just a name in the news.

Calgary police have identified the victim of an apparent drive-by shooting as Kyle Rowe, 26, of Calgary.

Police received the call around 10:50 a.m., and the victim was declared deceased at the scene.

The friend, who asked to remain anonymous for safety concerns, said it's hard to describe the victim, who went by Kai, in just a few paragraphs.

"He was humble, thoughtful and supportive; a lot of people didn't know how much they were loved and cared for by him," she said. "He didn't open up to a lot of people, but when he did they really felt his love."

She said Kai's upbringing was tumultuous, and because of that he had made some bad decisions in life — including one that resulted in a road-rage incident and another in a robbery conviction.

"Through his bad decisions in life he's probably pissed some people off — but none of us saw this coming," she said.

The killing is believed to be a targeted attack, and CPS said there is no ongoing danger to the public.

Calgary police are asking anyone with information to call the non-emergency line at 403-266-1234 or the Homicide Unit Tip Line at 403-428-8877.

Tips can also be sent to Crime Stoppers. LUCIE EDWARDSON/METRO

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NOTICE OF ANNUAL GENERAL MEETING

THE CALGARY FORT – PROGRESSIVE CONSERVATIVE CONSTITUENCY ASSOCIATION

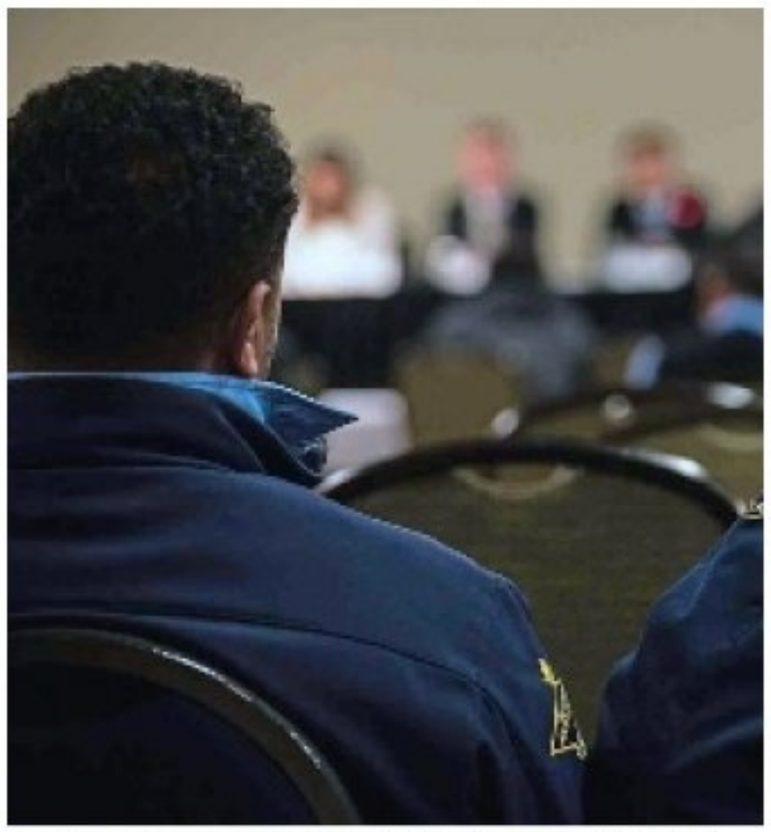
Tuesday, November 22nd, 2016

Date: Tuesday, November 22nd, 2016
Time: 7 p.m.
Location: Dover Community Association, 3133 30 Ave, SE

The 2016 Annual General Meeting will be held on Tuesday, November 22nd, 2016 @ 7:00pm at the Dover Community Association, 3133 30 Ave, SE, Calgary, Alberta for the purposes of an election of a Board of Directors and financial report. Calgary Fort Constituency includes the communities of Dover, East Calgary, Erinwood, Forest Lawn, Foothills Industrial, Inglewood, Millican/Ogden, Ramsey and Shepard.

A 2016 PC Membership is required to vote and fully participate in the meeting. Memberships will be available for sale at the meeting. New members are welcome. Members must show proof of age – minimum 16 years old and primary residence must be within the Boundaries of the Calgary Fort Constituency and also support the Progressive Conservatives Association to be eligible to vote.

For further information please contact Bob Gray at 403-837-2143 or by e-mail painted@shaw.ca



Uber left town after bylaw changes in February made their business model "unfeasible.". METRO FILE PHOTO

New bylaws are taking Uber long

CITY HALL

Bylaw item for Nov. 7 meeting delayed until holiday session

Helen Pike
Metro | Calgary

It's an Uber long and bumpy road. Nearly two weeks ago, a heated Livery Transport Advisory Committee meeting made one thing clear: in the advisory panel's view, before Calgary is ready for bylaw changes, there's work to do for the taxi industry.

After more than five hours of questions, and debate, the committee recommended that updates to the rideshare enabling bylaw be shelved until taxi plates waiting in the wings are operational — to give cabs a fighting chance to compete.

Taxis are governed by a controlled entry system in Calgary — which means new plates are only released with the city's approval. Currently, there are more than 300 plates that have been approved, but not released. And as Uber and other ride-for-hire companies loom, there's an appetite to increase the number of cabs to keep drivers competitive.

So, instead of bringing bylaw changes at council's next meeting, changes likely won't hit city hall until the end of November.

"It means it's frustratingly slower, in terms of it coming forward for council to make a decision," said Coun. Evan Woolley, noting the decision is three weeks delayed.

"This has been something that's taken us much too long to get here."

Uber has already made one thing clear: change the fee structure and we will come.

The new bylaw recommendations would see companies responsible for a brunt of the cost. What was a $220 fee per driver has shifted to the rideshare company's pocketbooks. An administrative fee, and per trip fee model charged to the rideshare company help the city make up for increased costs while incentivising drivers to join rideshare companies.

"We hope City Council will hear their call and vote to support propose bylaw changes at the earliest possible date," said Uber Canada spokesman Jean-Christophe de Le Rue.

> **It means it's frustratingly slower.**
> Coun. Evan Woolley

REAL ESTATE

Upgrading secondary suites just got easier

Brodie Thomas
Metro | Calgary

The city wants people to register their secondary suites and bring them up to code so much, they're planning on permanently doing away with another hurdle.

Administration is telling councillors that homeowners should not need to get a development permit on top of their building permit in areas where suites are permitted, and where the suite complies with land use bylaws.

A temporary exemption was brought in last September after the Secondary Suites Working Group made the suggestion as part of a larger push to focus on the safety aspect of secondary suites.

It's welcome news to developers like Nawaz Damji, who works at Equium Group. "It seems like a minor change but it knocks almost a month off your approval time," he said.

He said before this was relaxed, it meant waiting a month to get a development permit, only to resubmit the same documents and wait just as long for the building permit.

"One side is looking at requirements in the bylaw and the other side is looking at requirements in building codes," he said.

Coun. Richard Pootmans said the temporary exemption has shown the concept works. "It just removes one of the speedbumps into getting people into secondary suites safely — and I think any time we can do that we're on the right track."

He said it's a case where removing a regulatory barrier will make things safer.

"These now come under the city's purview," said Pootmans. "The city is aware of this suite, and the city will be able to keep much closer tabs on its safety going forward."

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Alberta's internet crawls

TECHNOLOGY

The wild rose province came 10th out of 13

Aaron Chatha
Metro | Calgary

Alberta's internet is slow.

Like slower than an elephant on tranquilizers slow.

The data science team at Cybera, an e-infrastructure agency, analyzed data from Ookla to measure internet speeds by province from 2008 to 2014. Ookla is the company behind speedtest.net, and provided data from users throughout the countries who have measured their internet speeds.

Out of 13 provinces and territories, Alberta ranked 10th place for download speeds.

"We were surprised, especially because we have a resource in the province that's called the Alberta Supernet," said data scientist David Chan. "The Alberta Supernet was basically a government investment to lay fibre throughout the province."

Researchers were surprised Alberta was so low on the rankings, especially since the government has invested in building the necessary infrastructure. WIKIMEDIA COMMONS

The project was started in 2001 and was operational in 2005 to deliver internet to rural communities in Alberta. Researchers said it's hard to conclude from this study exactly the impact the Alberta Supernet did or didn't have.

Internet speeds within the provinces can vary greatly from rural to urban areas.

When looking at the data, it appears provinces out east have the fastest download speeds, with New Brunswick coming in first place.

Following was Saskatchewan in second and Ontario in third.

In last place is Nunavut, which actually didn't measure up every year due to a very small sample size, and in 12th place was Yukon.

Researchers said their data matches up with a CIRA report released last year.

While New Brunswick has had a shaky history according to the data, moving from fourth in 2011 to 12th in 2012, the province firmly got hold of first place in 2013 and 2014.

> **We were surprised, especially because we have a resource in the province that's called the Alberta Supernet.**
> David Chan

Alberta on-the-other hand has been steadily declining, with fifth place in 2008, eighth place in 2011, and then firmly in 10th place as of 2012.

When it comes to downloading files, streaming Netflix or online gaming, New Brunswick has really got it made. The province averaged about 30.34 mbps in 2014.

For comparison, the average download speed in Canada, according to this data, was 16.42 mbps.

Alberta clocked in at 15.16 mbps.

ENVIRONMENT

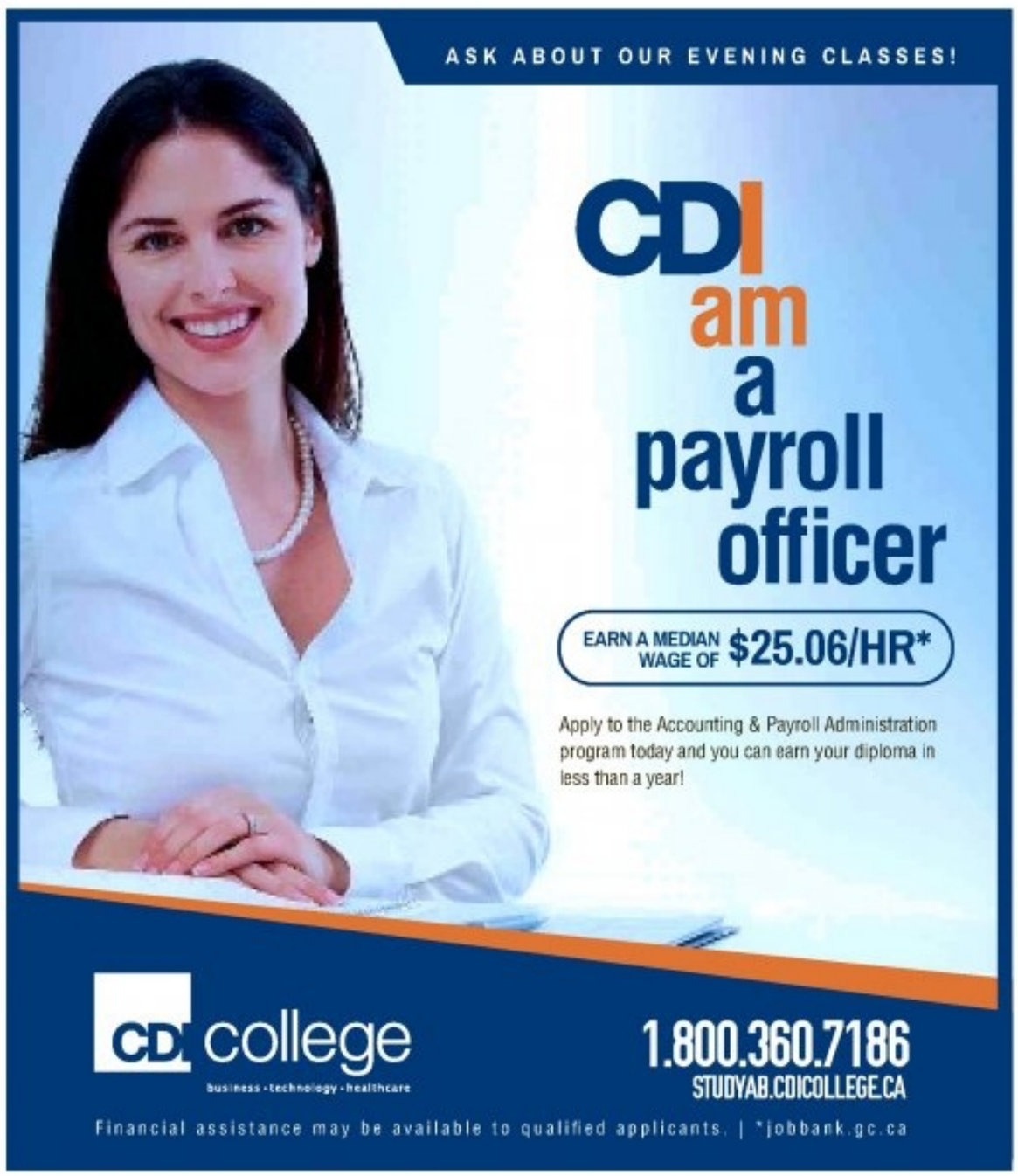
Province to cap oilsands emissions

The legal rubber has hit the road on Alberta's promise to cap greenhouse gas emissions from the oilsands - the engine of the province's economy.

Environment Minister Shannon Phillips introduced Bill 25 in the legislature Tuesday that, if passed and enacted, will forbid oilsands industries from collectively emitting more than 100 megatonnes of greenhouse gases a year. Phillips said the legislation would help green the industry while spurring innovation and growth. The bill is part of a multifaceted plan being introduced in stages by Premier Rachel Notley's NDP government to reduce the effects of climate change and to remake Alberta's energy infrastructure into one that relies more on renewables such as wind, solar and hydro power.

Alberta oilsands operators emit about 66 megatonnes of greenhouse gases a year. Government officials say that, without changes, those emissions will reach 100 megatonnes by 2030.

THE CANADIAN PRESS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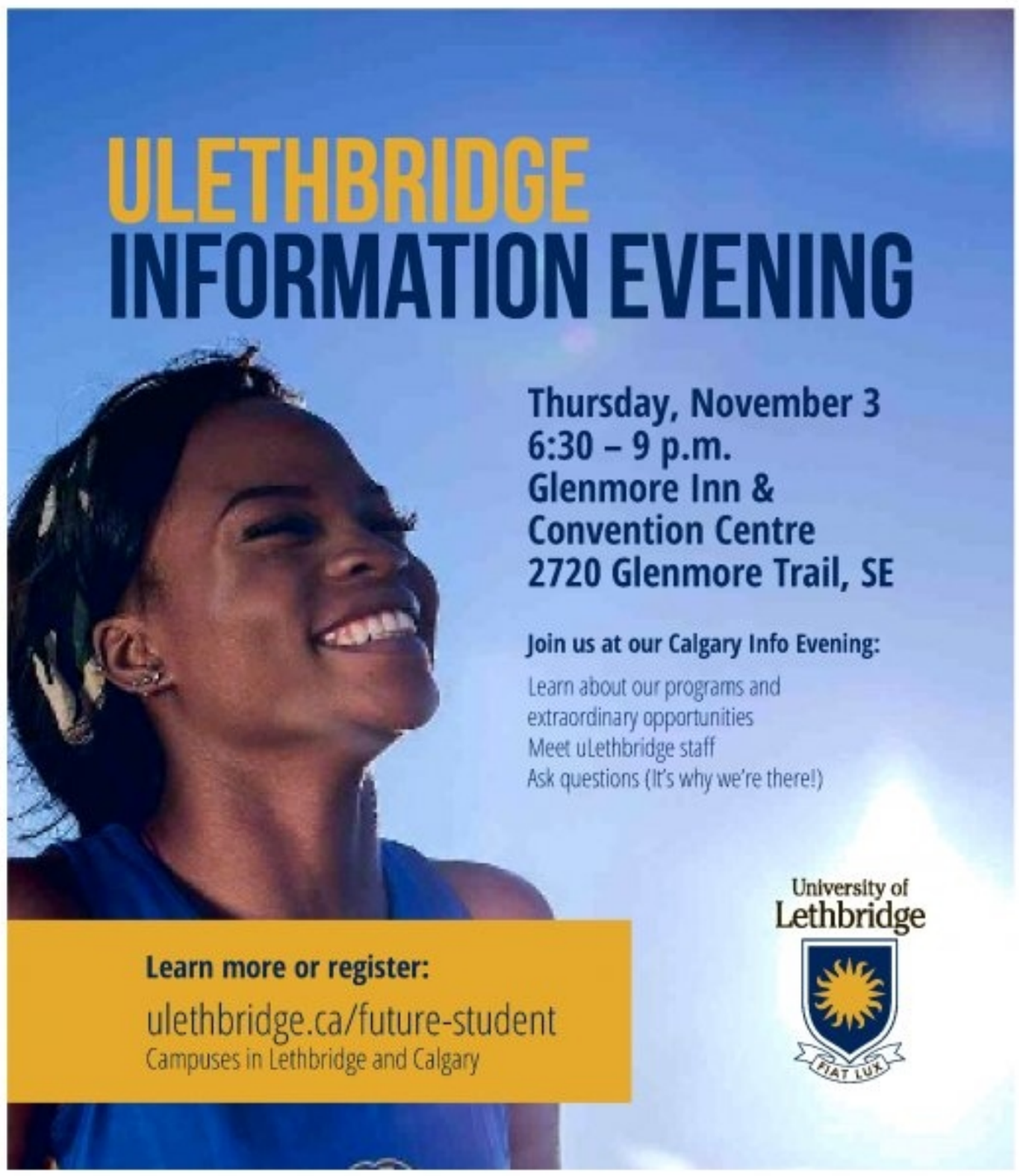


Dental association bars multi-tasking

HEALTH

Practitioners no longer able to sedate, work on patients

Elizabeth Cameron
For Metro | Calgary

Dentists in Alberta will no longer be allowed to administer general anesthesia while also performing dental treatments.

The Alberta Dental Association and College (ADA&C) announced changes to their policies regarding general anesthesia and deep sedation on Oct. 31.

The changes come several weeks after a four-year-old girl was rushed to hospital after receiving general anesthetic during a procedure at an Edmonton dental office. Amber Athwal suffered brain damage after she stopped breathing for an unknown length of time.

The incident is currently under investigation by the ADA&C, and Athwal remains in hospital.

Alberta Health Services confirmed that minister of health Sarah Hoffman will be meeting with the Athwal family sometime this week.

"We're taking a look at the way sedation is provided alongside dentistry," said Dr. Randall Croutze, CEO of the ADA&C.

"The only thing that's changing is the single-operator model."

Until the changes were announced, Alberta was one of only two provinces that allowed dentists to sedate patients they were also performing procedures on. Other provinces require one person to administer the anesthesia, and one to perform the procedure.

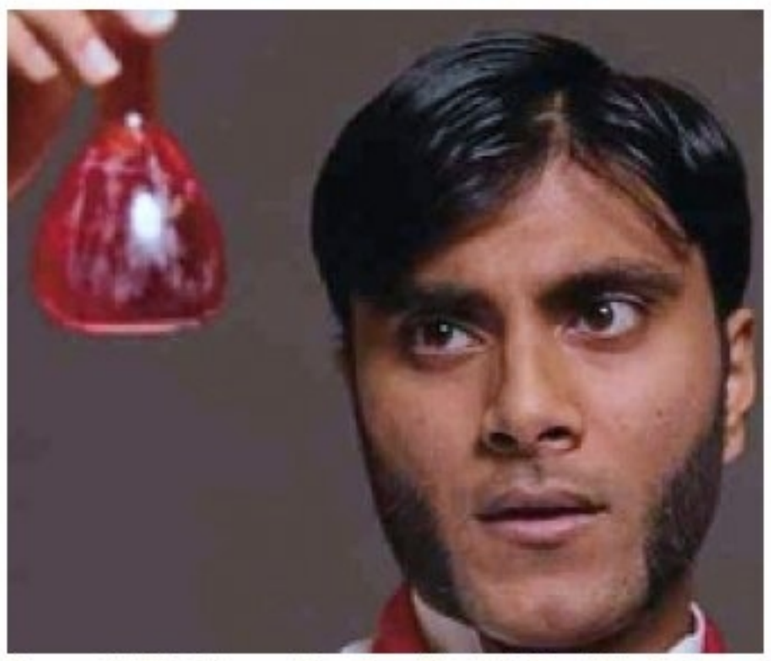
According to a media release from the ADA&C, a review of province-wide sedation practices was launched over a year ago.

"We are always reviewing our standards of practice. It's just the normal course of business," said Croutze.

The ADA&C's council reviews the credentials of individuals who wish to be eligible to administer sedation or general anesthesia. Dr. David Swann, who has criticized the ADA&C's transparency in the past, says the policy changes are welcome.

"It's long overdue. No medical facility would allow a single operator to provide a general anesthetic and do a surgical procedure at the same time," Swann said.

"(The association) should clarify who is eligible to administer anesthesia in dental offices. I would hope it would be a specialist anesthetist. They are the experts in managing any complications," he added.



Praneet Akilla takes on the roles of Dr. Jekyll and Mr. Hyde.
COURTESY FRONT ROW CENTRE

COMMUNITY THEATRE

Jekyll and Hyde go through big changes

Aaron Chatha
Metro | Calgary

Away from the high rises and development of the downtown scene, the Front Row Centre players are putting up their latest musical theatre production at the Beddington Heights Community Arts Centre.

Jekyll and Hyde's classic tale of a man divided presented here distinguishes itself in a few ways. Besides the singing, the production makes waves in diversity with female roles not featured in the original story, and the casting of Praneet Akilla as the titular character.

"I'm of Indian heritage, so casting me, it was ability, but it was also a point that a person like me could be cast in this role as well," Akilla said. "A person like this, at that time, was viewed as a lower class citizen, but his overcoming that is a thematic element that she (director Lindsay Kurtze) wanted to tie into the show."

Kurtze believes that's the real magic of community theatre — to get unique takes on the material, and give people on the fringes access to the theatre community.

"They're trying to bring in new people that have never done it before," said Kurtze. "Backstage, on stage, we try to get as much new blood as we possibly can so anyone can try it out if they want to."

For example, the new lighting designer has worked on only a few shows, not always in light design, the musical director is a singing teacher, and Akilla himself is new to the realm of musical theatre, having only done a bit of it in high school.

"It's fantastic because it's not just an elite few that can be part of theatre," Kurtze explained.

Community theatre also allows people to take classes, work in other areas of the theatre and for the patrons, prices are kept down because much of the work is on a volunteer basis.

"And I don't believe the production values are any lower, so it's a win-win on both sides," she said.

Jekyll and Hyde runs until Nov. 12. For more information, visit www.frontrowcentre.ca.

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Infrastructure 'need is great'

ECONOMY

Liberals eye major spending plans as tonic for growth

The federal Liberals are placing their hopes for economic growth on increased infrastructure spending and wooing foreign investment and talent to Canada.

In an economic update Tuesday afternoon, Finance Minister Bill Morneau revealed the Liberals intend to spend an additional $81 billion over the coming 11 years on federal infrastructure projects.

"This is unprecedented in Canada's history, and it comes at a time when the need is great," Morneau told the House of Commons.

The Liberals are framing their double-down on infrastructure spending against the backdrop of a sluggish national economy and uncertain international growth.

Since the March budget, private sector forecasters have downgraded their expectations for the Canadian economy, predicting it will grow by 1.2 per cent in 2016-17, down from 1.4 per cent, and just 1 per cent in 2018-19, down from 2 per cent.

The slowdown is taking its toll on federal revenues, with this year's budget deficit now expected to come in at $24.7 billion, after drawing on the $6 billion that the Liberals had set aside as a rainy day fund. Indeed, the Liberals now expect to use that contingency fund in each of the coming five years.

Morneau made no promises Tuesday as to when the federal government will balance the budget, saying only that the deficit spending is "fiscally prudent."

Private sector estimates expect Canada's debt-to-GDP ratio to remain relatively stable over the next five years, even with the increased borrowing.

Yet the plan for higher spending and deeper deficits drew the ire of the opposition Conservatives, who accused Prime Minister Justin Trudeau of "doubling down on his failed plan."

ESTIMATED 2016-17 DEFICIT

$25.1 billion

"The nightmare continues for taxpayers," interim Conservative leader Rona Ambrose told reporters.

"They claim, again, that growth can be achieved with just one more billion-dollar spending spree," she said.

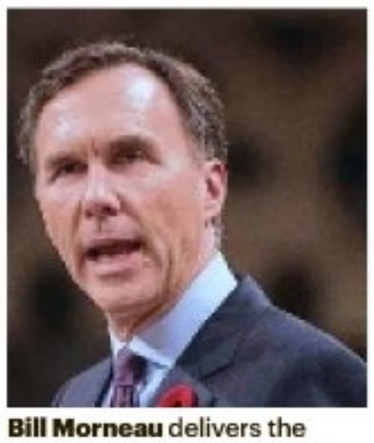
Faced with forecasts of slow growth for years to come, the Liberals are betting that infrastructure spending — and lots of it — is one remedy.

The Liberals plan to spend an additional $81 billion on infrastructure, over and above the $14.4 billion announced in their maiden budget earlier this year.

Tabled shortly after they won power, that budget was sold as "phase one" of the government's infrastructure ambitions. Tuesday's update gave the framework for "phase two" and the Liberals' long-term plans for significant public investment in things like transit, "green" infrastructure and social infrastructure.

Total spending on new and existing infrastructure projects is expected to rise from $13 billion in 2016-17 to $17.5 billion in 2019-20, the end of the Liberals' first mandate. Over the 11-year time frame provided by Morneau, total infrastructure spending is expected to reach $186.7 billion.

The new spending includes $23 billion for public transit, $21.9 billion for green projects such as water and waste water facilities, and $21.9 billion for so-called social infrastructure



Bill Morneau delivers the fall economic update in the House of Commons. ADRIAN WYLD/THE CANADIAN PRESS

such as affordable housing, cultural and recreational facilities.

The government tacked on two new priority categories for infrastructure funding: $10.1 billion for projects that assist trade, and $2 billion for rural and northern communities.

The Liberals are attempting to draw in both international talent and investment to Canada. Morneau said the government will introduce legislation to create a new infrastructure bank, with $35 billion to leverage private sector investment in large infrastructure projects.

The government is also planning a new organization called Invest in Canada, backed by $218 million in funding over five years. The organization is being pitched as a "high-impact sales force" to sell Canada to international investors. TORSTAR NEWS SERVICE

metroEXPLAINS

THE DEFICIT

1. The deficit for 2016-17 is expected to be $25.1 billion, but that does not include a rainy-day fund. In the spring budget, the government projected a $29.4-billion deficit, but that number included a $6-billion reserve.

2. The deficit is expected to shrink gradually over the coming five years to $14.6 billion in 2021-22, not including any provisions set aside for a rainy day. There is no projection to balance the budget.

3. Over five years, the government will add a total of $31.8 billion more to deficits than was expected in the last budget, mostly because of changes to expectations for the economy.

4. The debt burden — the size of the federal debt as a percentage of gross domestic product — will slowly slide to 30.4 per cent in 2021-22 from 31.8 per cent in 2016-17.

5. The government will set up a Canada Infrastructure Bank with seed capital of $35 billion. Of that, $15 billion will be taken from the $60 billion in existing funds set aside for infrastructure and another $20 billion will be financed and booked as equity or debt so as not to affect the government's bottom line.

6. The government will adopt a global skills strategy that will speed up work permits and visas for foreign workers.

7. The government will create a new Invest in Canada hub to attract foreign investment. It will also relax foreign investment restrictions somewhat.

THE CANADIAN PRESS

"Our communities need to keep people and goods moving. Our most vulnerable citizens need housing. Bill Morneau

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EQUALITY

Treatment of black people poor: UN

A UN working group on issues affecting black people is raising alarm over poverty, poor health, low educational attainment and overrepresentation of African Canadians in justice and children's aid systems.

The findings were made by the United Nations Working Group of Experts on People of African Descent after its first cross-Canada mission in October.

Previous attempts to visit Canada by the group failed under the former Conservative government, but it was made possible this time with an invitation by the Trudeau Liberals.

"Canada's history of enslavement, racial segregation, and marginalization, has had a deleterious impact on people of African descent which must be addressed in partnership with communities," the group wrote in its preliminary report.

Black Lives Matter activists lead the annual Pride Parade, in Toronto on July 3. MARK BLINCH/THE CANADIAN PRESS

Dena Smith of Toronto's African Canadian Legal Clinic was happy the working group acknowledged some of the key issues faced by the community.

While the findings and recommendations are not binding, Smith said they highlight the challenges faced by African Canadians for the international community and hopefully put more pressure on Ottawa to rectify the inequities.

"The situation is only going to get worse," said Smith. "We have families in the community torn apart at an alarming rate. The future looks pretty bleak for our young people."

TORSTAR NEWS SERVICE

IN BRIEF

LGBTQ 'purged' from military, public service file class-action lawsuits

The Liberal government is facing Canada-wide class-action lawsuits filed on behalf of LGBTQ people who say they were forced out of their jobs in the military and government.

"We have been waiting patiently for the federal government to take action to address these grievances," said Doug Elliott, a Toronto-based lawyer and gay rights activist.

PM Justin Trudeau is expected to make a formal apology to people in the LGBTQ community for past discrimination sanctioned by the state.

THE CANADIAN PRESS

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ITALY

Quake-hit town back in 'stone age'

Some houses are collapsed outright, pancaked piles of stones and plaster. A pair of skis stick out. Some are cracked open, exposing living rooms.

The central Italian mountain village of Castelluccio di Norcia, among the most heavily hit by Sunday's earthquake, is known for the beautiful blossoms of its lentil fields and its historic charm. Now it's a ghost town.

With the roads cut off, almost all of the 300 inhabitants were evacuated by helicopter. They all survived after an earlier quake in August prompted them to move into safer housing like camper vans or containers.

But a small group of 13 hardy souls refuses to leave. Mostly farmers, they want to stay close to their cattle, sheep and horses — their livelihood, without which they would truly have nothing left to come back for.

"Practically we've returned to the stone age," said Augusto Coccia, 65.

He was among the farmers housed in containers in the town square, eating breakfast, when the earthquake struck. It bounced the containers about and filled the air with dust.

The 6.6-magnitude tremor, the country's most powerful in 36 years, pulled down buildings and historic churches in villages across the Appenine mountains. In Castelluccio, the ground is now as much as 70 centimetres (two feet) lower, according to the national geophysics institute.

THE ASSOCIATED PRESS

IN BRIEF

Boy killed in Haiti protests

A teenage boy was fatally shot in Haiti on Tuesday amid protests over delays in aid distribution after a hurricane pummelled the country last month. It is the second such death reported in the past week. Protesters gathered around the body covered in a bloodstained white sheet chanting, "We want justice! We want justice!"

THE ASSOCIATED PRESS

Vatican calms Venezuela

Venezuela's opposition warily welcomed Tuesday the government's release of four jailed activists, agreeing to delay a trial in Congress to void President Nicolas Maduro's authority and to scrap a protest march set for later this week. The moves were a response to the Vatican's efforts to avert bloodshed.

THE ASSOCIATED PRESS

Candidates switch focus from policy to each other

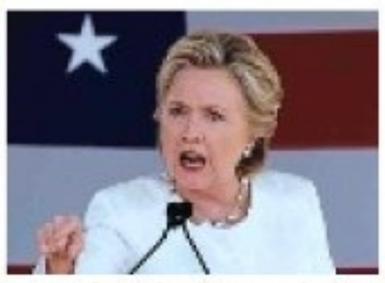
★U.S. ELECTION★

Clinton, Trump paint the other as total disaster

Donald Trump could draw the United States into nuclear war, Hillary Clinton warns. Clinton would plunge the country into a constitutional crisis, he says.

As the caustic presidential race lurches toward the finish line, each candidate is aggressively casting the other as a catastrophic choice for the White House. Making an affirmative case about their own qualifications and vision has become a secondary priority.

It's an ugly conclusion to a contest featuring two of the most unpopular presidential candidates in modern American politics. The sexual-assault accusations that have trailed Trump in the race's closing weeks and a new FBI review into Clinton's email habits seem likely to only reinforce the public's negative perceptions, leaving the candidates to essentially argue to voters that they're the best of two unappealing options.



Hillary Clinton and Donald Trump are focusing less on their visions for the country GETTY IMAGES/THE ASSOCIATED PRESS

"I would rather be here talking about nearly anything else," Clinton said Tuesday during a rally in Florida where she levelled a series of attacks on Trump's character and preparedness for the White House. "But I can't just talk about all of the good things we want to do."

Indeed, Clinton's speeches in this final full week of campaigning have overwhelmingly focused on Trump. On Monday, she warned against giving Trump the authority to order a nuclear attack, bringing along a former nuclear launch officer to bolster her point.

"Imagine his advisers afraid to tell him what he doesn't want to hear, racing against his legendarily short attention span to lay out life-and-death choices too complex to be reduced to a single tweet," Clinton said Monday in Ohio. "Then imagine him plunging us into a war because somebody got under his very thin skin." THE ASSOCIATED PRESS

An boy who was displaced from the village of Abu Shuwayhah, south of Mosul, carries a white flag as locals return to their village after the arrival of Iraqi forces. AFP/GETTY IMAGES

IRAQ

Major urban warfare lies ahead for besieged Mosul

Iraq's special forces fought their way into the outskirts of Mosul on Tuesday, taking its state television building despite resistance by Daesh that is only likely to stiffen when combat reaches the inner city.

It was the first time Iraqi troops have set foot in Mosul in more than two years. The advance was the start of what is likely to be a grueling and slow operation for the forces as they fend off booby traps and ambushes in difficult, house-to-house fighting expected to take weeks.

Troops entered Gogjali, a neighbourhood inside Mosul's city limits, and later the outskirts of the more built-up Karama district, according to Maj. Gen. Sami al-Aridi of the Iraqi special forces.

Inside the village of Bazwaya, five kilometres east of Mosul, white flags hung from buildings, put up a day earlier by residents eager to show they would not resist the Iraqi forces' advance. Some residents stood outside their homes, and children raised their hands with V-for-victory signs.

The families, estimated to number in the hundreds, will be evacuated from the village to a camp for displaced persons, according to Brig. Gen. Haider Fadhil of the Iraqi special forces.

As the fighting raged, several of the newly displaced from Bazwaya could be seen carrying white flags and driving a herd of sheep toward the camp.

Emad Hassan, 33, a former policeman, said he had come to Bazwaya when the operation started in order to flee the IS fighters.

"When I knew the security forces were serious about liberating Mosul, I came here," he said. "Daesh was preventing families from moving toward the security forces and ordered them into the city centre, but I refused and stayed."

For over two weeks, Iraqi forces and their Kurdish allies, Sunni tribesmen and Shiite militias have been converging on Mosul from all directions to drive IS from the city.

Iraqi forces have made uneven progress in closing in on the city. Advances have been slower to the south, with government troops still 20 miles (35 kilometres) away. To the north are Kurdish forces and Iraqi army units, and Shiite militias are sweeping toward the western approach in an attempt to cut off a final IS escape route.

The Shiite forces, Iran-backed troops known as the Popular Mobilization Units, are not supposed to enter Mosul, given concerns that the battle for the Sunni-majority city could aggravate tensions. THE ASSOCIATED PRESS

Canada Post to replace locks

MAINTENANCE

Thousands of faulty mail boxes frozen shut last winter

Canada Post is replacing the locks on thousands of community mailboxes after an "unacceptable" number of customers had their mailboxes frozen shut last winter.

Spokesman Jon Hamilton says the locks on community mailboxes are being replaced in communities that include Ottawa, Montreal, Quebec's eastern townships, Bathurst, N.B., Halifax, Charlottetown and St. John's.

He says the postal agency began notifying customers about the lock replacement in September, advising them that the change would be coming.

Customers whose mailbox locks are being replaced are sent a new set of keys about two weeks before the change is made.

Hamilton says the lock replacement is now underway and the work will continue for the next few months.

He says Canada Post wants customers to continue to contact the Crown corporation if they have problems with their mailboxes.

"Last winter we had an unacceptable level of customers experiencing frozen locks, mainly in Eastern Canada," Hamilton said in an interview. "We're going back to those areas where we had issues and replacing the locks for the community mailboxes in those areas."

> **Last winter we had an unacceptable level of customers experiencing frozen locks.**
> Jon Hamilton

Hamilton noted that not everyone who will have their locks replaced experienced issues last winter, but Canada Post is nonetheless taking the action to prevent future problems.

The lock replacement effort comes as Canada Post's community mailbox expansion plan is currently uncertain.

THE CANADIAN PRESS

Canada Post will replace the locks on thousands of community mailboxes after a number of them were frozen shut last winter. RYAN REMIORZ/THE CANADIAN PRESS

IN BRIEF

Oil company sells pipeline for $3.7B

Pipeline company TransCanada says it expects to realize US$3.7 billion from the sale of its U.S. Northeast power business to two buyers. It announced earlier this year it would sell the assets in order to finance its purchase of the Columbia Pipeline Group. TransCanada also announced it plans to maintain full ownership interest in its Mexican natural gas pipeline business and said it would raise $3.2 billion through a bought deal offering of common shares.

THE CANADIAN PRESS

market minute

DOLLAR 74.67¢ (+0.10¢)
TSX 14,778.32 (– 8.95)
OIL $46.67 US (- 19¢)
GOLD $1,288.00 US (+$14.90)
NATURAL GAS: $2.90 US (-12¢)
DOW JONES: 18,037.10 (- 105.32)

FINANCES

Housing market, debt risks better addressed by lawmakers: Expert

Bank of Canada governor Stephen Poloz says risks from household debt and the housing market will be better addressed by the government's recent policy moves, not by adjusting interest rates.

In a speech in Vancouver, the head of Canada's central bank said adjusting interest rates is a "very blunt tool," which has widespread effects.

"Our view is that these so-called macroprudential policies are best placed to deal with threats to financial stability because they can be designed to target specific financial vulnerabilities," Poloz said Tuesday.

"Given all the work done to strengthen the global financial system over the past few years, it makes even more sense to separate monetary policy from efforts to stabilize the financial system."

> **2%**
> The central bank and the federal government kept their inflation target at 2 per cent.

Household debt levels have hit record levels in recent years and housing markets have boomed, helped by low interest rates that have allowed consumers to borrow cheaply.

"We acknowledge that there is always uncertainty around the outlook for inflation, and developments in the financial system bring uncertainties for financial stability," he said.

"These uncertainties generate a zone within which we can tolerate variations in either the risks to our inflation outlook or risks to financial stability."

The Bank of Canada uses the inflation target when determining monetary policy and setting its key overnight interest rate.

The central bank and the federal government renewed their framework agreement last week. The target was kept at two per cent, the midpoint of a range of one per cent to three per cent that the central bank deems acceptable.

THE CANADIAN PRESS

Calgary Polycystic Kidney Disease (PKD) Patient Forum

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- Hear about what resources and support systems are available to you and your loved ones from **Jeff Robertson, Executive Director, PKD Foundation of Canada**;
- Have your questions answered during a Q&A period led by Dr. Louis Girard and Jeff Robertson; and
- Meet other people living with PKD in your community.

All are welcome to attend!

To RSVP and confirm your participation, please visit:
CalgaryPKDPatientForum.EventBrite.Ca

PKD FOUNDATION OF CANADA

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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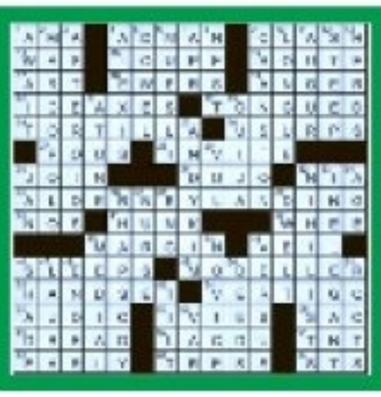

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metro VIEWS
Your essential daily news
Wednesday, November 2, 2016

SAMANTHA EMANN ON REAL EFFECTS OF DIGITAL HARASSMENT

Virtual reality is lifelike in a way we have never experienced. It's not a stretch to imagine that getting virtually groped or stalked can also feel real.

Virtual reality (VR) has become the Wild West of the gaming world. Immersive games that make use of 360-degree screens, lifelike controls and headsets like the Oculus Rift are a new frontier that is exciting and filled with the potential for great things.

But like the real Wild West, that freedom comes with a darker side. And one aspect of that is sexual harassment.

The way we talk about and handle sexual harassment and assault is changing, slowly, thanks in large part to women who spoke out and told their stories. And that's true in the virtual world, too.

Take Jordan Belamire (not her real name) who wrote on Medium.com about her experience being sexually harassed on the virtual multiplayer game QuiVr. A fellow player, after figuring out she was female, used his character to virtually rub her character's chest and genital area. Despite her efforts to dissuade and disengage, this player continued to follow her around the gaming space until, finally, she gave up and threw off her headset.

While sexual harassment in VR is not the same as real life, its effects need to be taken seriously.

"I've been groped in real life, once in a Starbucks in broad daylight. I know what it's like to happen in person," Belamire, 30, told CNN. "The shock and disgust I felt (in QuiVr) was not too far off from that."

But the feedback Belamire received on social media was reported to the tune of, "Please explain how someone can be assaulted in any form using VR. This seems to be someone

There is room to be sex-positive in the new virtual-reality world.

VIRTUAL VITRIOL It's not in players' or gaming companies' interest to let harassment continue, Samantha Emann writes. ISTOCK

whining just to whine."

Experiencing games and apps in VR feels lifelike in a way we have never previously experienced. It's not a stretch to imagine that negative things, like getting virtually groped or stalked, can also feel real. Yet we are supposed to treat it like just another game.

And, as tech journalist Taylor Lorenz told me, it's not in any company's best interest to have sexual harassment on their platform. No one wants to pay for an unpleasant or even traumatizing experience.

In response to Belamire, QuiVr's developers started allowing players to choose to put a virtual shield around their character, which makes both the target and the harasser invisible to one another.

I applaud them for offering a solution that gives some power to those being harassed. But I believe that's not enough. It's a Band-Aid. It's too focused on victims and not enough on reprimanding perpetrators. There needs to be consequences for virtual creeps within the games themselves, including banning serial harassers from being allowed to play at all. Some companies are already doing things like this.

Keeping sexual harassment out of gaming doesn't mean keeping sex out of it. There is also room to be sex-positive in this new VR world — with the right education.

"We have to have intelligent conversations and thoughtful sexual experiences through games because we are bridging that gap between what is real and what is not … and it's not wrong to want to go and try and experience something in VR that is along pornographic lines as long as everything is consensual." said Leah Jewer, the co-founder of Girls on Games, an organization that promotes gender diversity and inclusivity in gaming.

Her co-founder, Catherine Smith-Desbiens, told me sexual harassment is "not just a symptom of the gaming world, it's a symptom of rape culture. It's a very systemic problem. We have to attack the trolls the same way we have to convict the sexual offenders."

Admitting virtual harassment is a problem is not equating it to real-life assault.

The adage "Boys will be boys" is no longer an acceptable excuse for violating and harmful conduct. We cannot be content with "Trolls will be trolls," either.

It's not who we are, as gamers or as people. And if more of us are willing to talk about this issue, instead of scoffing at it, the better off our diverse and inclusive virtual community will be.

Samantha Emann (@smemann) is a copy editor. She is a co-host of Scrub League, Metro's podcast on competitive gaming. (metronews.ca/scrubleague).

VICKY MOCHAMA

Down with the made-up idea that makeup is a tool of the patriarchy

I recently got into the habit of watching makeup tutorials before bed. You can find them all over social media. I have seen countless tutorials, yet my eye shadow strategy still amounts to "smudge some stuff around your eyes." But in watching people transform themselves with makeup, I've had to think about my relationship with it.

As a pre-bed ritual, these videos fascinate because they're like home renovation shows. Every one is like a mini episode of Holmes on Homes. I know I will never remember how to shift a load-bearing wall, but I can admire how the new open-concept living room/kitchen makes the house feel bigger. Makeup is a personal renovation; even covering up can reveal something new.

Some of the magic relies on contouring, which uses bronzers, concealers and foundations to give shape to one's face. That we can slightly shift our noses with high-level brushwork and a minimum of three products is nothing less than a true merger of art and science.

Inspired by this, I wander into a beauty emporium to pick up some of the products that I've seen. At Sephora, a glamorous creature in black asks all questions that I had not thought of: "What's your skin type?" "Do you have an angled brush set at home?" "What are you trying to achieve with your eyebrows?"

The answers in order: Visible, I've never seen one but anything's possible, and world domination.

Once, I answered 'combination skin' because 'all of the above' is a plausible answer. The employee lifts my chin with a single finger, peers at me and says, "Oh, no. You have dry skin." And he was right! I have had my skin on my face for my whole life, yet I never noticed that it was dry. This stunning beautician was my personal Mike Holmes and he was here to make it right.

I used to believe that makeup was yet another tool of the patriarchy. The extra 20 minutes I spent getting ready was one more way that men had tricked me into wasting my own time. I could have been learning the sciences or how to do a lay-up in that time.

But as it turns out, the fact that I can't do a lay-up has nothing to do with the patriarchy or my blush. It's mostly that I'm not interested. As CoverGirl has shown in appointing its first male CoverGirl, makeup isn't inherently about gender, or feminism for that matter. There are things that some people are interested in — like watching people put makeup on — and things they are not, like whether one's skin is dry or combination.

At some point in your feminist education, you learn that pretty much everything is a construct. Race is a construct. Gender is a set of ideas and performance.

If everything is made up, then why not your face?

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The Weeknd to be face of H&M spring menswear line

Recipes with a side of rants

APPETITE

Culinary bad boy Bourdain's new book for a 'normal family'

Author, television host, recovered addict and former chef Anthony Bourdain has taught President Obama to slurp noodles in Vietnam, got a scorpion tattoo with rock stars in Nashville and drunk snake-infused liquor with karate masters in Japan.

But cooking at home for his nine-year-old daughter and her young pals is what inspired his latest, Appetites: A Cookbook.

But don't think Bourdain, 60, is becoming soft.

The book is, as expected, laced with profanity and proclamations about the stupidity of brunch and that third slice of bread in a club sandwich.

Plus, the book's darkly cartoonish cover — designed by Ralph Steadman — was too outrageous for two major U.S. retailers, according to Bourdain, and had to be wrapped in paper like an adult magazine before it could appear on shelves.

The book itself includes family favourites, easy mains, sandwiches, food from his travels, and the occasional rant. And while his wife is featured prominently in Appetites — which he has described as a "dysfunctional family cookbook" — the couple reportedly separated just weeks before the book was released this week.

New York-based Bourdain is the author of 13 books, including five works of fiction and the bestselling confessional Kitchen Confidential: Adventures in the Culinary Underbelly. He's also the Emmy-winning host of CNN's Parts Unknown, which takes Bourdain on the road for 250 days of the year.

We chatted with the outspoken, erstwhile chef en route to Philadelphia during a speaking tour he's calling "The Hunger."

Your last cookbook was out more than 10 years ago. Why did you decide the time was right for, as you've said, a cookbook for "normal people"?

I'm a father now. That's been my audience for the better part of nine years, cooking for a little girl and her friends. That's a major adjustment in priorities, how I live my life, and what I am cooking. It goes beyond taking into account the fact I've got a little girl sitting there. More often than not she is deciding what we're eating.

The book is reflective of that. I never really cared whether what I wrote was useful or not.

This is maybe the first thing I wrote that was intended to be useful.

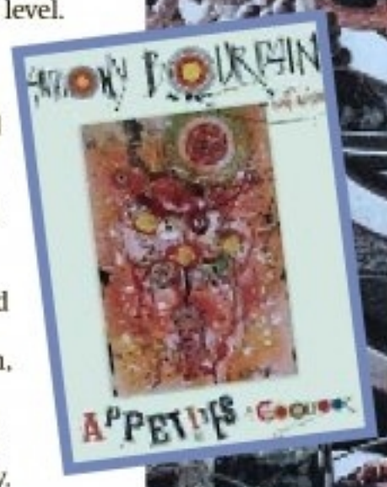
Something you rail against is brunch, which is a favourite pastime in Toronto or in New York for that matter.

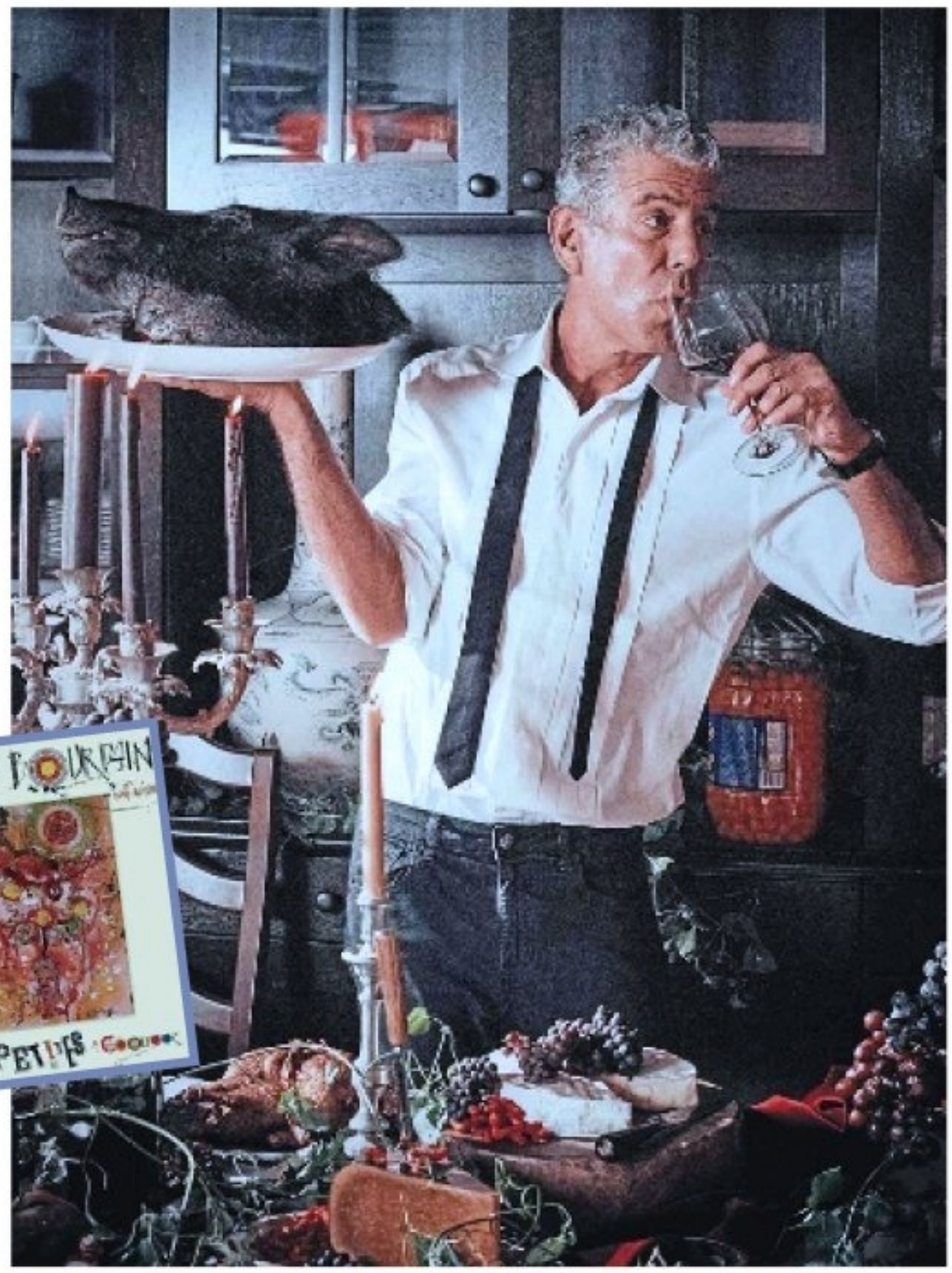
People love it, chefs hate it. But you're getting into making pancakes for your daughter and her friends? Yeah, I actually like cooking eggs and breakfast now since I'm a dad, but only after many years of hating it on a cellular level.

Do you ever get tired of being referred to as the "bad boy" of the culinary world?

I don't care. I got that from the beginning with Kitchen Confidential, but the period of time I was writing about, even back then, had already passed. I didn't see myself as a "bad boy" then, and I never took it seriously. I don't care to either reinforce that or disprove it.

TORSTAR NEWS SERVICE





Author, television host and former chef Anthony Bourdain dedicates his newest cookbook to his daughter. HANDOUT

> **This is maybe the first thing I wrote that was intended to be useful.** Anthony Bourdain

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ROSE REISMAN
THE SAVVY EATER

THIS WEEK: Boxed meals aren't so helpful when it comes to nutrition.

When you're in a crunch for time and looking for an inexpensive pasta dish, try Tuna Helper. With only 480 calories, this is a better option.

PICK THIS

Tuna Helper Au Gratin

(made with 2 cups of 1% milk)

Calories 480
Fat 12g

SKIP THIS

Hamburger Helper Cheesy Shells (made with lean ground beef, 2 cups of 1% milk)

Calories 740
Fat 28g

HERE'S WHY

Equivalent in calories to more than 3 McDonald's Chipotle Grilled Chicken Snack Wraps.

I don't recommend serving any boxed and seasoned pasta meals when it's so easy to make a homemade pasta, but I know many do when crunched for time. If in a pinch, definitely choose the Tuna Helper over the Hamburger Helper, as it has half the calories and fat. Three ounces of lean ground beef has about 180 calories and 13g of fat compared to only 100 calories and 0.7g of fat for tuna packed in water. Big difference!

LIQUID ASSETS

More and more stars turning to alcohol

Peter Rockwell
For Metro Canada

While celebrities hocking hooch is nothing new, 2016 has seen an unprecedented number jumping on the red hot whisky trend bandwagon with their own brands.

Some, like Wayne Gretzky's Red Cask ($34.95-$39.99), play up the celeb connection in spades, others like Virginia Black ($39.95-$49.99) that Drake offers promotion but not his name, are more subtle with their partnership.

Then there's Liquormen's Ol' Dirty Canadian Whisky ($29.95-$33.99), the first, in what I'm sure will be a bevy of beverages, from the Trailer Park Boys. While you may question what hockey players and rappers know about making booze, no one who has seen the boys in action can dispute the hands on experience they bring to the liquor industry.

Recently launched in Ontario, in-store bottle signings have turned into the same fan frenzy circuses experienced previously in Atlantic Canada, where the whisky is made. Suspiciously light-bodied, once in your mouth it gets in-your-face fast, making it a good mixer for your favourite brown spirit cocktails.

Prices reflect the range across the country. Some products may not be available in all provinces.

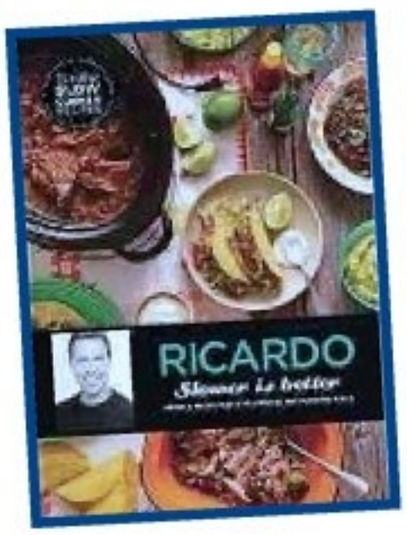
BOOK EXCERPT SLOWER IS BETTER BY RICARDO

Richardo Larrivée PROVIDED

Ricardo Larrivée is back with 75 new delicious recipes — including some amazing vegetarian dishes, moth-watering desserts, breakfasts and more — in Slower Is Better: From a Taco Fiesta to Chocolate Pudding Cake (HarperCollins).

Following the success of his other book, Slow Cooker Favourites: From Lasange to Creme Brulee, Larrivée continues to offer some great new slow-cooking options, showing foodies how to make cooking easier, more efficient and tastier than ever before.

The following two recipe excerpts are perfect options for a weeknight meal or a weekend treat.



RECIPES FROM SLOWER IS BETTER: FROM A TACO FIESTA TO CHOCOLATE PUDDING CAKE BY RICARDO LARRIVÉE ©2016. PUBLISHED IN ENGLISH BY HARPERCOLLINS PUBLISHERS LTD.

Marsala-braised short ribs

Preparation: 45 minutes
Cooking: 8 hours
Servings: 4
Warm: Up to 6 hour. Freezes well

Short ribs are usually spotted on restaurant menus, which is why these have major star quality. The slight sweetness is courtesy of the dried currants, and the texture is a nod to traditional pork ribs. Except these are beef. And much fancier.

Ingredients:
- 3 tbsp (45 ml) cornstarch
- 2 cups (500 ml) beef broth
- 4 lb (1.8 kg) beef short ribs, cut between each bone
- 2 tbsp (30 ml) olive oil
- 1 1/2 cups (375 ml) Marsala wine
- 2 cups (500 ml) veal stock
- 2 oz (55 g) chorizo sausage, diced
- 1/4 cup (35 g) dried currants
- 4 shallots, cut into thick slices
- 2 carrots, cut into small dice
- 2 stalks celery, cut into small dice
- 1 sprig fresh thyme
- Salt and pepper

Directions:

1. In a bowl, dissolve the cornstarch in the broth. Set aside.

2. In a large skillet over high heat, brown half of the meat at a time in the oil. Season with salt and pepper. Transfer to the slow cooker. Deglaze the skillet with the Marsala. Let reduce for 1 minute. Add the broth mixture and the veal stock. Bring to a boil, stirring constantly. Pour into the slow cooker.

3. Add the remaining ingredients. Cover and cook on Low for 8 hours. It can be maintained on Warm for up to 6 hours.

4. Serve with Barley Risotto and a vegetable of your choice.

WINE

Wine pairing
A red wine from the Douro region of Portugal pairs perfectly with these short ribs: It offers just enough tannin to create contrast and ripe fruit flavours to complement the sauce.
RICARDO LARRIVÉE

Vegetable frittata

Preparation: 30 minutes
Cooking: 3 hours
Servings: 8
Warm: Up to 1 hour

This dish is twice as nice: a sumptuous, custardy omelet for dinner, and a frittata sandwich the next day — your new lunch staple. Get cracking!

Ingredients:
- 2 tbsp (30 ml) unbleached all-purpose flour
- 1 tsp (5 ml) baking powder
- 1/2 tsp (2 ml) salt
- 10 eggs
- 1 1/2 cups (375 ml) milk
- 4 cups (95 g) baby spinach, chopped
- 2 cups (140 g) small broccoli florets
- 2 large tomatoes, seeded and diced
- 2 green onions, thinly sliced
- 1 cup (100 g) grated mozzarella cheese
- 1/4 cup (20 g) grated Parmigiano-Reggiano cheese
- 1/4 cup (10 g) chopped fresh basil
- Pepper

Directions:

1. Butter the inside of the slow cooker and line the bottom with a strip of parchment paper, letting it extend upward on two sides.

2. In a bowl, combine the flour, baking powder and salt. Whisk in the eggs until smooth. Stir in the milk. Add the vegetables and half the mozzarella cheese (1/2 cup/50 g). Season with pepper. Pour into the slow cooker. Sprinkle with the remaining mozzarella (1/2 cup/50 g) and the Parmesan cheese.

3. Cover and cook on Low for 3 hours. It can be maintained on Warm for up to 1 hour.

4. Run the blade of a knife between the unlined portion of the cooker and the frittata. Remove the frittata from the slow cooker. Sprinkle with the basil.

5. Serve warm or cold.

Payton's new role full of charisma

INTERVIEW

Walking Dead actor went from fandom to King Ezekiel

The Walking Dead's newest cast member, Khary Payton, stands behind the show's controversial season 7 premiere, noting "it was a brutal episode but it was also six years in the making."

Payton's new character, King Ezekiel, was introduced in Sunday's episode, a week after the gruesome season opener in which two characters were killed in vicious fashion.

"This is a zombie apocalypse — you're going to lose people that you care about," Payton said Monday in a phone interview.

"I think if it happened in a Shakespearean way in which all the action takes place offstage and someone just runs in and tells you Glenn died, everybody is going to be disappointed. There's a certain amount that you have to experience in order for you to be satisfied, from a storytelling aspect.

"And the truth is that if you've been connecting with characters for several years and you're invested in them, it's supposed to be brutal when they go — that means that they meant something to you and that's what we're trying to do with this show. And frankly, if there is no conflict, then there is no drama."

As leader of a community called the Kingdom, Payton's charismatic character sits on a throne with a snarling tiger (which is created with special effects in post-production) by his side. He offers his followers protection from threats in the outside world — be they living or dead. He appears to be an ally for Rick and his group, who are reeling from their deadly encounter with Negan and his gang, the Saviors.

Payton, who hails from Georgia, acknowledges there is a duality to friendly King Ezekiel.

"I think when you're living in a crazy world, you've got to somehow deal with it in maybe an unconventional way," said Payton.

"It's like that Seal song, 'We're never gonna survive unless we get a little crazy.'"

The character stems from the comic books that inspired the AMC series, but the onscreen version has some differences.

"I enjoy reading the comic books, but I don't put any stock into the way that the comic books are going and what we might do on the TV series itself," said Payton.

The Walking Dead's newest cast member, Khary Payton, who plays King Ezekiel, stands behind the show's controversial season 7 premiere. THE CANADIAN PRESS/HO-AMC, GENE PAGE

> **The thing that you fight in this show is your own sense of humanity.**
> Khary Payton

"Every time I think I've got it figured out, (writer-producer) Scott Gimple will throw me a curveball. So I just try to keep myself open to all the possibilities."

Payton said he was a fan of the show before landing the role, so it was easy to integrate himself into the cast. But he had to keep the part a secret.

"I've done video games and things where they want you to keep it a secret for two years," said Payton, who has also voiced characters for several animated series including Teen Titans and Young Justice.

"But this was about six months of not being able to talk about this story and three months of not being able to even say that I was on The Walking Dead, so it's been a long time.

"When I shot the first episode, they threw a sheet over me and I had to dive in the back of the transportation truck and make sure that no one saw me coming or going — and fortunately nobody really knew who I was, so it was pretty easy.

"But it was also kind of a weird experience to get the biggest job of my life and not be able to say a word about it."

Payton couldn't say much about future episodes, but noted that when it comes to fighting villains, there's a bigger picture at play.

"I think the thing that you fight in this show is your own sense of humanity and how much of your humanity you're willing to give away to fight, to survive — are you going to live or are you just going to merely survive?" he said.

"The villains may change but at the end of the day the fight is within really yourself."

THE CANADIAN PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

Family drama preaches to the secular choir

THE SHOW: This is Us (CTV) Season 1, Episode 4
THE MOMENT: The sermon in the store

Randall (Sterling K. Brown), who was adopted at birth by a white family, is shopping for pants with his birth father William (Ron Cephas Jones), whom he met only recently. Earlier, Randall's neighbor had called security because she thought William was a vagrant, and Randall had waved off the incident.

"You didn't like me apologizing for you," Randall says now. "Because I grew up in a white house, you think I don't live in a black man's world."

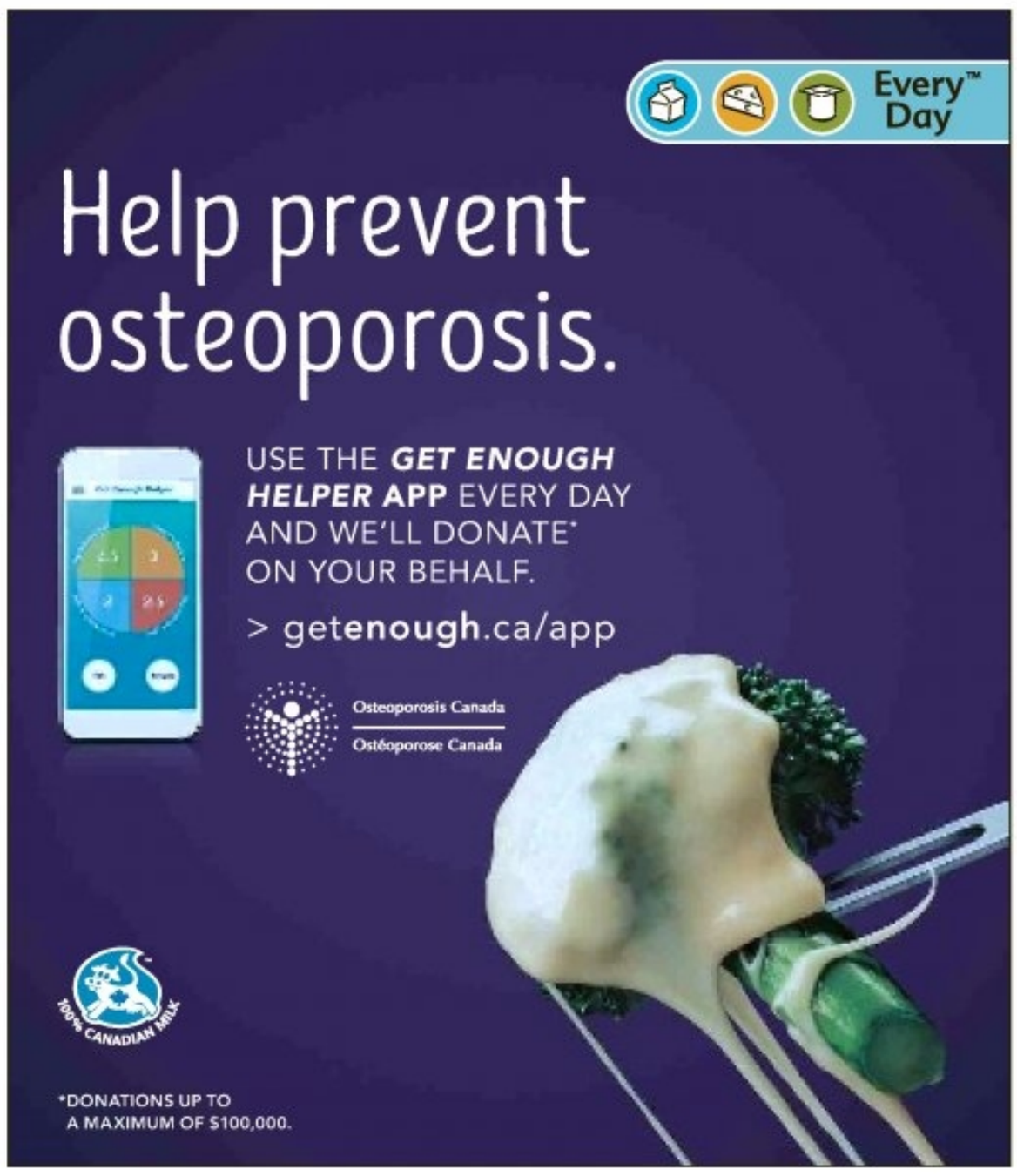
William protests, but Randall continues: "You know the one — where that salesman has been eyeballing us ever since we came in. Where they'll ask for an ID with my credit card, even though they haven't asked for anybody else's. Plus a million things every day that I have to choose to let go. Just so I'm not pissed off all the time. Now try on the damn flat-front chinos."

Sterling K. Brown gives a nuanced performance as adoptee Randall in CTV's This is Us. CONTRIBUTED

This Is Us is the kind of precision-crafted, network family drama — think Parenthood, Brothers & Sisters, thirtysomething — that acts as a secular church, communicating to us the rules of civil society. We witness good people navigating life's quandaries, and assess whether their choices are right or wrong.

This may seem square given our current jones for antiheroes, where we delight in watching flawed people make bad choices. But as last May's record-breaking response to the teaser trailer for This Is Us proved (60 million Facebook and YouTube views), if a secular-sermon show is written and cast as well as this one, there's a real hunger for it.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.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The Cruze leaves smiles for miles

REVIEW

Five-door adds a sporty option to the Chevy family

Michael Accardi
AutoGuide.com

In the perpetual renaissance city of Detroit, Chevrolet has introduced a car it hopes will spark a five-door renaissance in North America: the 2017 Cruze Hatchback.

This marks the first time North American shoppers are offered the Cruze in multiple body shapes, and Chevrolet is hoping the hatch's 47.2 cubic feet of cargo capacity, coupled with the brand's commitment to connectivity, will help introduce the Cruze to a new set of buyers.

The Mexican-made five-door gives the Cruze lineup a functional and sporty-ish choice that the brand hopes will appeal to a more male, more affluent and more urban-centered user base than the sedan.

Further aiding Chevy's drum for new drivers is the addition of a 1.6-liter diesel engine in 2017, which will be available at multiple price points across the Cruze family in the hopes of courting spurned Volkswagen TDI lovers.

The 153-horsepower 1.4-liter turbocharged four-cylinder carries over from the sedan, as does its 106.3-in wheelbase, the biggest change — besides its new found booty — is an eight-inch shorter overall length, which conspires to change everything.

Inside, the new hatchback posts its most significant gains over the four-door in carrying capacity, dwarfing its sibling by almost double with the seats up, and triple with the seats down. I was told the sedan and hatch actually share rear doors, as evidenced in the modest headspace gains, but the five-door does add a feeling of airiness along with improved rearward visibility.

The 2017 Chevrolet Cruze Hatchback isn't a car that will make memories in and of itself, but instead, it's a tool that Chevy hopes will offer shoppers the freedom to make new memories wherever the road may take them.

No, it's not a Focus RS, Civic Type R, or even a VW GTI, but that doesn't mean the 2017 Cruze hatch doesn't have plenty of smiles-per-miles potential.

THE CHECKLIST | 2017 CHEVROLET CRUZE HATCHBACK

THE BASICS

Engine: 1.4L turbo 4-cylinder
Power: 153 hp, 177 lb-ft of torque)
Transmissions: 6-speed manual, 6-speed automatic
Fuel Economy (L/100km): 8.3 city, 6.4 hwy, 7.4 combined (LT manual)
Price: $20,595

LOVE IT

- Rigid chassis = more fun
- Sharp styling
- Light and airy cabin

LEAVE IT

- Tire noise in Premier trim
- Manual gearbox is boring
- Automatic feels slow
- Still no spice

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Fisker inspired by the butterfly

INDUSTRY

Can Mitsubishi's new partners really save it?

Nissan has completed its acquisition of a 34 per cent equity stake in Mitsubishi Motors, becoming its largest shareholder. That means Mitsubishi will become part of the Global Alliance with Nissan and Renault, helping the Alliance be in the world's top three automotive groups by global volumes, with sales of 10 million units in fiscal year 2016. JASON SIU/AUTOGUIDE.COM

TRADEMARK

Supercar may be open-top

Lamborghini is dropping hints that a convertible variant of the Huracan Superleggera is in development. The Italian automaker has applied to trademark Huracán Performante for various goods and services, including vehicles and clothing. Lamborghini has been spied testing the Huracan Superleggera recently, and the Performante name suggests a convertible version is in the works. JASON SIU/AUTOGUIDE.COM

ELECTRIC VEHICLE

Fisker's new car will have snazzy doors

Henrik Fisker has released a teaser image of his first new car. Earlier this month, Fisker revealed he has created Fisker, Inc. and plans to launch a new, premium all-electric vehicle sporting his name. Giving us a first look at what to expect, Fisker has tweeted the above image with the caption: "A Breakthrough: Innovative new butterfly doors in our new Fisker model, for easier ingress/egress." He also promises that more will be shared next week on the new vehicle. it won't just be cars that Fisker is developing, as Fisker Nanotech will be the new company's battery division. JASON SIU/AUTOGUIDE.COM

SALES NUMBERS

Boomers seek a different type of sporty driving

Not even the Chevrolet Corvette is immune to a sales slump. Earlier this month, Ford idled its Mustang plant for a week following a dip in sales because the sports car had sold nine percent less this year compared to last. And Chevrolet is also witnessing the same trend with its Camaro and Corvette. This year, Camaro sales are down 11 per cent, while Corvette sales are seeing a 14 per cent drop. Analysts believe that Baby Boomers in the U.S. are starting to age out of sports cars, but performance isn't something they're willing to give up. And that's why sales of BMW's M models and Mercedes-AMG are up, as shoppers give up sports cars for high-performance crossovers and SUVs. JASON SIU/AUTOGUIDE.COM

ENGINEERING

Aston Martin's hypercar turns reality upside-down

Aston Martin and Red Bull Racing's project is more than just an insane hypercar. Called the AM-RB 001, the hypercar was introduced earlier this year boasting insane figures, like its $2.6-million to $3.9-million price tag and an all-new V12 engine capable of revving up to 11,000 rpm.

The underbody for the AM-RB 001 weighs just 2,200 pounds and currently has an unofficial figure of 4,000 lb. total downforce with a track-only package. That means theoretically, the AM-RB001 is capable of driving upside-down across the roof of a tunnel. It will also have the ability to accelerate from zero to 200 mph in around 10 seconds. JASON SIU/AUTOGUIDE.COM

WHY EMPLOYED CALGARIANS STILL STRUGGLE

Even with full-time work, many citizens are unable stay above the poverty line

Some may not realize it, but simply having a job doesn't always give a person the ability to feed, house and clothe a family — never mind tuck any money away for bigger things.

More than half of Calgarians, regardless of their financial and social status, are worried about not saving for their future. And low-income families in the city are always struggling to make ends meet. A significant number of Calgarians are at risk of falling into poverty because they have high debt loads and limited savings.

About 127,000 Calgarians live in poverty — one in 10 — and that number is growing. Enough for All, a diverse group of individuals and social agencies, is working to cut Calgary's poverty in half by 2023.

"Poverty isn't just about income," says Franco Savoia, the executive director of Vibrant Communities Calgary. "But it is always about income."

CONTRIBUTED

In Calgary, the poverty line, or Low-Income Measure Before-Tax for a family of four, is calculated as an annual income of $47,878. To make that amount, both parents in the family would have to make more than $13 an hour. But as of October 2016, Alberta's minimum wage is nearly $2 below that rate.

According to the Alberta Minimum Wage Profile taken from April 2015 to March 2016, 3.1 per cent of Albertans earn the minimum wage. Nearly half of the people that make minimum wage — 45 per cent — are parents.

"Meeting even the most basic needs for a family earning minimum wage is a struggle across the province," Savoia says. "Simply working is not enough to keep people out of poverty."

A "living wage" on the other hand is the amount someone needs to earn in order to live, contribute to the community and save for unexpected or emergency expenses. In Calgary, the 2015 living wage was calculated at $18.15 an hour without benefits, or $17 an hour if the job provides benefits.

"The living wage is based on the premise that no one who works should be living in poverty," Savoia says. "It establishes the hourly rate needed for a family of four to achieve a modest quality of life and take care of basic needs of childcare, education, food, housing, transportation and justice."

By learning more and challenging perspectives on poverty, Enough for All hopes that all Calgarians will consider reducing poverty a high priority. It wants to remove barriers, reduce the stigma attached to poverty and encourage Calgarians to share their ideas and take action to fight poverty.

To learn more about how you can help, Visit EnoughForAll.ca.

FOR ONE IN THREE CALGARIANS, MAKING RENT THIS MONTH IS THE BIGGEST NEWS OF THE WEEK.

ENOUGH FOR ALL

Let's commit to ending poverty in our community. Wear a ring to show your support for the 1 in 10 Calgarians living in poverty. Together, we can make sure there's enough for all.

Raise your hand and join the cause at EnoughForAll.ca

metro SPORTS

John Herdman, who led Canada to a bronze medal at the Rio Olympics, is one of 10 contenders for FIFA women's coach of the year

Nunes clash 'definitely one of my last fights': Rousey

MMA

UFC 207 title bout could be beginning of end for star

Ronda Rousey says her bantamweight title shot against Amanda Nunes at UFC 207 will be one of her final mixed martial arts bouts.

Rousey spoke about her fight Tuesday during an appearance on Ellen DeGeneres' talk show.

The 29-year-old Olympic judo medallist hasn't fought since November 2015, when she lost her title to Holly Holm.

Champion Amanda Nunes GETTY IMAGES

When asked how much longer she will continue fighting, Rousey replied: "Not that long."

"I'm wrapping it up," Rousey added. "This is definitely one of my last fights, so everyone better watch, because the show isn't going to be around forever."

Rousey (12-1) said she has been training twice a day since early August for her comeback bout. She will face Nunes (13-4) at T-Mobile Arena in Las Vegas on Dec. 30. Rousey became one of the world's most famous female athletes and a top pay-per-view draw during her meteoric MMA rise. She was the first women's bantamweight champion in UFC history, and she defended her belt six times before her stunning loss to Holm in Australia.

The 135-pound title has changed hands twice since Rousey's defeat. Nunes won it with a first-round stoppage of Miesha Tate at UFC 200 in July.

Holly Holm lands a solid punch to then-champion Ronda Rousey's face during their title bout at UFC 193 in Australia, 2015. It was Rousey's only loss in the UFC and it was one that has kept her out of the sport for a year. QUINN ROONEY/GETTY IMAGES

> **He's got me domesticated now, a little bit.**
> Ronda Rousey on her UFC boyfriend Travis Browne

Rousey described the month-to-month rigours of training as the most difficult part of a fighting career.

"I think it's more the build-up that's more tiring than anything else," Rousey said. "It's the weeks and weeks of buildup beforehand, where you know you're fighting this one person, and it's like this showdown and the most important thing in your whole life, and then millions of people are watching.

"It's that buildup for weeks on end. If (the fight) happened right now, I wouldn't be nervous. It's the waiting."

Rousey has taken several acting jobs in the past few years. She also spoke about a comfortable personal life with her boyfriend, UFC heavyweight Travis Browne. "He's got me domesticated now, a little bit," Rousey said.

Rousey even confirmed she is in a knitting club with actor Kat Dennings, dubbed The Yarn and the Restless. THE ASSOCIATED PRESS

GOLF

Bahamas return for Tiger

Tiger Woods said Tuesday he is playing his Hero World Challenge in the Bahamas the first week of December, which would be his first competition in more than 15 months if he follows through with it.

Woods left himself open to doubt by entering the Safeway Open last month, only to pull out three days later when he said his game was not ready. "I am excited to make my return at the Hero World Challenge at Albany," he said in a news release that announced the 18-man field for the unofficial tournament that awards world ranking points but is not part of any tour.

Woods is the tournament host of a holiday event that began in 1999. He is a five-time winner, all of those victories coming at Sherwood Country Club in Thousand Oaks, Calif., before the tournament moved to Isleworth in Florida and then to the Bahamas.

Woods, now at No. 831 in the world ranking, last played in the Wyndham Championship in August 2015 when he tied for 10th. He had two back surgeries over the next few months and has said he would not return until fully healthy. THE ASSOCIATED PRESS

831

Tiger Woods' current world ranking.

WORLD SERIES HEAD-ON COLLISION IN GAME 6
The Cubs' Ben Zobrist scores a run upon crashing into Cleveland catcher Roberto Perez during Game 6 of the World Series on Tuesday night in Cleveland. With a 3-2 series lead, Cleveland had the opportunity to win its first World Series since 1948. Go to metronews.ca for the result of this game and more. JAMIE SQUIRE/GETTY IMAGES

IN BRIEF

3-point master Allen retires
Ray Allen announced his retirement from the NBA on Tuesday, ending a career that saw him make more 3-pointers than any player in league history and win championships with Boston and Miami.

Allen last played with the Heat in 2014. Allen spent 18 seasons in the league with Milwaukee, Seattle, the Celtics and then the Heat. He made 2,973 3-pointers, 413 more than anyone else has to date. THE ASSOCIATED PRESS

CFL weekly award goes to Elimimian, Reed and Madu Jr.
B.C. Lions linebacker Solomon Elimimian and Ottawa Redblacks teammates Taylor Reed and Mossis Madu Jr. are the CFL's top players for Week 17.

Elimimian had 10 tackles and two sacks as the Lions defeated the Saskatchewan Roughriders 24-6 on Saturday. Reed, a linebacker, recorded a career-high 12 tackles in the Redblacks' 23-10 victory over Winnipeg at Investors Group Field on Saturday. THE CANADIAN PRESS

NFL

Roethlisberger not ruled out for Ravens

Mike Tomlin isn't underestimating Ben Roethlisberger's healing powers. The Pittsburgh Steelers coach is keeping the door open for his franchise quarterback and his surgically repaired left knee to return on Sunday in Baltimore.

Roethlisberger tore cartilage in the knee during the second quarter of a loss to Miami on Oct. 16 and underwent outpatient surgery the following day. He stood on the sideline in sweatpants while backup Landry Jones played capably in a 27-16 loss to New England and was able to practise during Pittsburgh's bye week and again on Monday.

Ben Roethlisberger GETTY IMAGES

The main issues for Roethlisberger are swelling and pain tolerance, things that have hardly been a deterrent to Roethlisberger in the past. THE ASSOCIATED PRESS

Morrison comeback is almost complete

SPEEDSKATING

Former World Cup winner back after run of misfortune

Denny Morrison was a double winner the last time he competed in World Cup long-track speedskating 20 months ago.

The multi-Olympic medallist makes his return to the international circuit next week after he was injured in a motorcycle crash in 2015 and then suffered a stroke earlier this year.

Morrison was named to Canada's long-track team for the first two World Cup events this season, which are Nov. 11-13 in Harbin, China, and Nov. 18-20 in Nagano, Japan.

Morrison joins eight women and a dozen men on the team announced by Speed Skating Canada this week.

Calgary's Gilmore Junio, Alex Boisvert-Lacroix of Sherbrooke, Que., Ottawa's Ivanie Blondin and 10,000-metre world-record holder Ted-Jan Bloemen are the country's top medal threats this season.

Morrison won the 1,000 and 1,500 metres in Erfurt, Germany, to cap the 2014-15 season. He suffered multiple injuries in a motorcycle accident that spring.

Morrison's comeback was interrupted earlier this year when he had a stroke.

Denny Morrison was named to a 21-strong Canadian team for the World Cup. THE CANADIAN PRESS

The 31-year-old from Fort St. John, B.C., was fourth in the 1,500 and second in the 1,000 at last month's trials to regain a spot on the national team.

Morrison won Olympic silver and bronze in those distances respectively in 2014.

Bloemen, a transplanted Dutchman who races for Canada, knocked almost five seconds off the 10k world record a year ago at a World Cup in Salt Lake City. Blondin won gold in the women's mass start at the 2016 world single distance championship.

Junio leads a deep contingent of men's sprinters. He ranked third in the 500 metres to conclude last season, while Boisvert-Lacroix won bronze in it at the world single distance championships. William Dutton of Humboldt, Sask., also ranked in the world's top 10.

Canada won 30 World Cup medals in 2015-16, which was its most since 2008-09.

There are six stops on the World Cup circuit this season. The Canadian team will have home-ice advantage at the world sprint championship Feb. 25-26 at the Olympic Oval in Calgary.

THE CANADIAN PRESS

NHL

Young guns fail to fire in first faceoff

The first ever NHL meeting between Connor McDavid and Auston Matthews failed to live up to its considerable hype.

Neither McDavid nor Matthews found the scoresheet Tuesday night, Matthews' Toronto Maple Leafs prevailing 3-2 in overtime behind 44 saves from Frederik Andersen and two goals from Nazem Kadri, including the winner.

It was the third win in four games at home this season for the Leafs (3-4-3), who also saw Ben Smith find the scoresheet.

Edmonton, meanwhile, has dropped two in a row for the first time this year (7-2-1). Anton Lander and Darnell Nurse both scored for the club while Cam Talbot stopped 28 of 31 shots.

Tuesday marked not only the first NHL matchup between the last two No. 1 overall picks, but the first ever NHL game in Toronto for McDavid, who grew up just north of the city in Newmarket.

TUESDAY In Toronto

3	2
LEAFS	OILERS

Matthews, the first overall pick one year after McDavid, described the meeting as "just another game" on Tuesday morning.

"We've got 82 of them this year and we're going to play a lot of good teams, a lot of good players so it's not like a head-to-head matchup every time you play somebody," he insisted. "It's the Maple Leafs against the Oilers tonight so you don't really make too much of it."

THE CANADIAN PRESS

IN BRIEF

Stars McDavid, Weber and Marchessault honoured

Edmonton forward Connor McDavid, Montreal defenceman Shea Weber and Florida centre Jonathan Marchessault are the NHL's three stars for October.

McDavid, the Oilers' 19-year-old captain, had five goals and seven assists in nine games to power Edmonton to the top of the Pacific Division and Western Conference.

THE CANADIAN PRESS

Senators prevail as Turris grabs overtime clincher

Kyle Turris scored the overtime winner as the Ottawa Senators defeated the Carolina Hurricanes 2-1 on Tuesday night.

Dion Phaneuf also scored for the Senators (6-3-0), who were playing their first of ten home games this month. Craig Anderson made 32 saves. Jaccob Slavin scored the lone goal for the Hurricanes (2-4-3) as Cam Ward stopped 30 shots. THE CANADIAN PRESS

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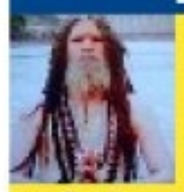

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RECIPE Easy Broccoli and Cheese Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Is there any need to sell this soup to you? It's got the two best sales pitches right in the name "easy" and "cheese." OK, broccoli gives you lots of vitamin C , but, honestly, does that compete with cheese?!

Ready in 35 minutes
Prep time: 10
Cook time: 25
Serves 4

Ingredients
- 4 cups broccoli florets and stem (cut off tough ends) chopped fairly small
- 1 onion chopped
- 2 cups chopped, peeled potato
- 2 cloves garlic minced
- 1 glug olive oil
- 4 cups stock (vegetable or chicken, low sodium)
- 1 1/2 cups milk
- 1 cup grated cheddar
- 1/4 cup grated Parmesan
- salt and pepper to taste

Directions

1. Sauté onion and garlic in a Dutch oven or other large, heavy-bottomed pot for about 5 minutes until soft.

2. Add vegetables and stock and allow to simmer for about 20 minutes until the vegetables are tender.

3. In small batches, ladle the broth and vegetables into your blender and puree. Pour each batch into a bowl as you go. Pour the puree back into your pot.

4. Over medium heat add milk and cheese and stir until the cheese melts. Add salt and pepper to taste.

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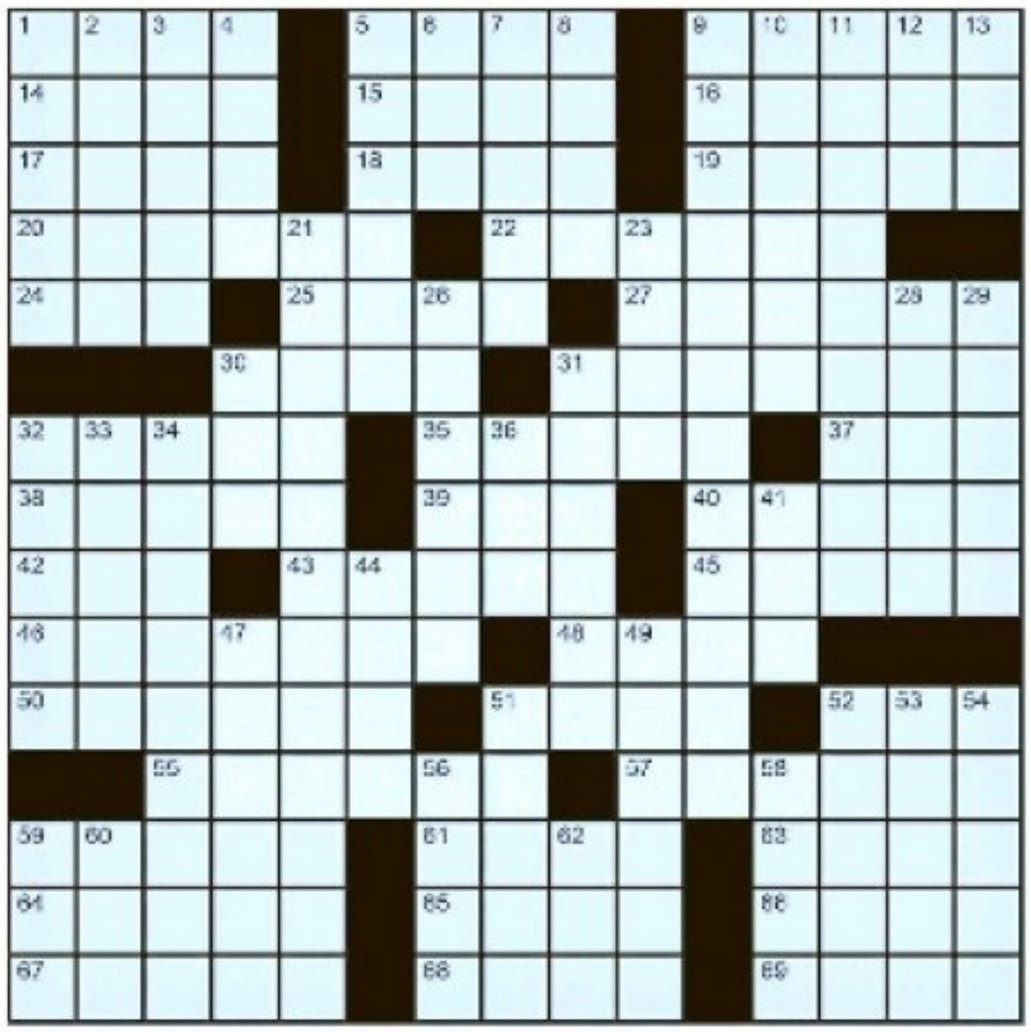
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. List-ending abbreviations
5. _ de soie (Silk cloth)
9. Pump-wearer's relievers
14. Capital of Qatar
15. Donations
16. Extreme
17. Egyptian sun god, variantly
18. _ up (Become tight-lipped)
19. Birth-related
20. Character in "The Jungle Book" (2016)
22. Plotter's strategy
24. Author Ms. Hinton, et al.
25. Encumbrance
27. Heavenly god in ancient Greek mythology
30. _. donor (Unknown benefactor)
31. 1988: "A Little Respect" duo
32. _ Dog Night
35. Relax
37. Historic time
38. Open court hearings
39. Wax-stripping site
40. Someone who appraises
42. Dictionary abbr.
43. Range in Quebec, _ Mountains
45. Keeners
46. Invent, as a story or idea: 2 wds.
48. Bivouac
50. Frozen fruity treat
51. _ carpet
52. _ of the Covenant
55. _ and Delilah
57. Memoirs of a _ (Arthur Golden novel)
59. "Clueless" (1995) actress Ms. Donovan
61. Knitting supply
63. Luxury fashion label
64. Coal _
65. TV/movies actor Rob
66. Recipe instruction, _ _ pinch of salt
67. 1991 Warren Beatty title movie gangster role
68. Proofreading mark
69. Airline reservations spot

DOWN
1. Red wax cheeses
2. From head-_-_
3. Enjoys gum
4. Performed a ballad
5. "Serpico" (1973) star Al
6. Kay's alphabetic follower
7. Accumulate
8. "Gomer Pyle, _._._._."
9. Silent movie Western starring Canadian actress Mary Pickford's younger sister Lottie, "The Man from _ _" (1918)
10. Doubled-letter-beginning creatures
11. Diminish in strength
12. 1708 Attilio Ariosti opera, Amor _ Nemici
13. "My Gal _" (1942)
21. "She said I don't know / Must be in my soul..." hit by Canadian band Chilliwack: 2 wds.
23. Catapult
26. Take a fastener off the papers
28. Cheering-on person
29. Soothsayers
30. _ Lingus (Irish airline)
31. Ten person race placement
32. Some amphibians
33. Household bill, commonly
34. _ Rapids (Watery wonder in New Brunswick)
36. Fellows
41. Do film work
44. Disapproving utterances
47. Puts down
49. Wee raptor
51. Nose-in-the-air type
52. Hit's place on a vintage record
53. Valerie Harper sitcom character
54. 18-_ gold
56. Stealth birds
58. Ms. Lupino's
59. Pol. abode in Ottawa
60. Lucy of "Ally McBeal"
62. Be beholden

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Travel plans look exciting! Talk to a close friend or partner about plans to expand your world through further studies, publishing or exploring new places.

Taurus April 21 - May 21
Financial discussions will go well today, especially if they refer to shared property, inheritances, taxes and debt. Even discussions that are work-related will financially benefit you.

Gemini May 22 - June 21
This is a good day to discuss business with others. It's also a good day to enjoy the company of others and just hang out with friends. Basically, you just want to be happy.

Cancer June 22 - July 23
You can accomplish a lot at work today because your relations with coworkers are positive. For some, workrelated travel will be pleasant and profitable.

Leo July 24 - Aug. 23
This is a positive day, because the Moon is in your fellow Fire sign dancing with lucky Jupiter. This encourages happy, upbeat vibes with everyone you meet. Enjoy playful activities with children.

Virgo Aug. 24 - Sept. 23
Family discussions will go well today. This is a good day to explore redecorating ideas that you have been considering.

Libra Sept. 24 - Oct. 23
This is a strong day for those of you who write, sell, market, teach or act, because your communication skills are strong. Enjoy conversations with siblings, relatives and neighbors.

Scorpio Oct. 24 - Nov. 22
Business and commerce are favored today. You also will enjoy buying something for your home or exploring realestate possibilities.

Sagittarius Nov. 23 - Dec. 21
Today the Moon is in your sign dancing with your ruler, lucky Jupiter. That's why you feel happy, relaxed and content with the world. Things will tend to go your way today.

Capricorn Dec. 22 - Jan. 20
Solitude in beautiful surroundings will please you, so find a private moment just for yourself. Even a quiet cup of coffee with a newspaper will be a moment of luxury.

Aquarius Jan. 21 - Feb. 19
A female friend can help you today. Be open to offers of assistance. In turn, don't hesitate to ask someone for help.

Pisces
Feb. 20 - March 20
Personal details about your private life are under discussion by others today. No worries, because things look positive. In fact, people are saying good things about you!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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		1		5		2		

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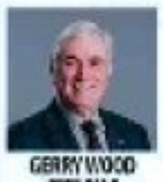

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